



THE NATIONAL INSTITUTE OF HEALTH & FAMILY WELFARE
(DISTANCE LEARNING CELL)

POST GRADUATE DIPLOMA IN MANAGEMENT - PUBLIC HEALTH NUTRITION
SESSION 2026-2027
ASSIGNMENT – I

COURSE –I Nutrition During Lifecycle

- Block – I Nutrition During Adulthood, Pregnancy, And Lactation
Block – II Nutrition During Infancy, Childhood, Adolescence, And Old Age

COURSE –II Public Health Nutrition-Overview

- Block – I Public Health Nutrition Fundamentals
Block – II Addressing Malnutrition
Block – III Nutrition and Health Policies and Programs
Block – IV Future Directions And Innovations In Public Health Nutrition

COURSE -III Nutritional Assessment Systems

- Block – I Nutritional Assessment Systems
Block – II Micronutrient Deficiencies
Block – III Therapeutic Diet

ANSWER ALL QUESTIONS

Maximum Marks = 10X10 = 100

1. Discuss the common nutritional problems in adults and the role of diet in managing chronic diseases among adults in India.
2. Describe briefly on the pregnancy-related changes occurring in the woman's body and the importance of adequate nutrition for better pregnancy outcome.
3. Describe the term public health nutrition. Discuss in detail the process of managing public health nutrition interventions.
4. Describe micronutrient deficiencies and their effect on public health with example.
5. What is Severe Acute Malnutrition (SAM)? Discuss the community based and facility based management of SAM children in India.
6. Discuss the role of inter-sectoral convergence in delivering essential maternal and child nutrition at different level
7. Discuss the potential of modern technology in health promotion focusing on nutrition.
8. Explain nutritional surveillance and the role CAB components in generating district data for nutritional intervention.
9. Define cancer. Describe the dietary and other lifestyle preventive measures for its management.
10. Describe the major public health intervention for micronutrient deficiency in India.



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ASSIGNMENT – II

Course -IV	Research In Public Health Nutrition
Block – I	Basics Of Research In Public Health Nutrition
Block – II	Nutritional Epidemiology
Course -V	Public Health Nutrition Programmes, Planning And Management
Block – I	Programme Planning
Block – II	Nutrition/ Health Promotion And Communication Strategies
Block – III	Implementation And Evaluation Of Public Health Nutrition Programmes
Course –VI	Practical Work In Public Health Nutrition
Block – I	Nutritional Deficiency Diseases
Block – II	Home-Based Care
Block – III	Assessments for Public Health Nutrition
Block – IV	Planning And Conducting Nutrition/Health Education Programs

ANSWER ALL QUESTIONS

Maximum Marks = 10X10 = 100

1. Discuss the various steps involved in a research process.
2. Define nutritional epidemiology. Discuss how nutritional epidemiology studies have contributed to the improvement of the health status of the population in the country
3. List the basic steps involved in program planning. Describe the phases of intervention programming using MAPP framework
4. Describe the principles of selection of Audio- Visual- Aid. Discuss various Audio –Visual-Aids used for effective communication in the field of Public Health Nutrition.
5. Describe the implementation and monitoring activities and list out the key issues involved in program management and implementation.
6. Discuss the various stages and methods of program evaluation with reference to Public health nutrition.
7. Describe the importance of capacity analysis in public health nutrition and list out the challenges associated with capacity analysis.
8. Discuss the methods and tools for nutrition assessment of the community.
9. Discuss in detail the effective technical intervention to reduce neonatal mortality in the country.
10. Describe in detail the steps involved in conducting nutrition/health education activity/ programme for the community

DIRECTIONS TO WRITE ASSIGNMENT

- Use only foolscap size paper for writing your answers.
- Only handwritten assignments will be accepted.
- **Typed or printed copies of assignments will not be accepted.**
- Tie all the pages after numbering them carefully.
- Write the question above each answer & attach copy of the Assignment questions.
- Start each question from a Fresh page.
- All assignments will be evaluated out of total mark of 100.
- Each question carries 10 marks as indicated against the question.
- Answer to all questions should be between 1000-1500 words.
- **Please ensure to send the Assignments by Speed Post Only**

SUGGESTIONS FOR WRITING AN ASSIGNMENT:

- Read the assignments carefully.
- Go through the units on which the answers are based.
- Draw a rough outline of your answer.
- Make a logical order.
- Then write your answer neatly and submit.
- Avoid copy the text from the Units. Marks will be deducted for copy & paste from modules.
- Give illustrations and tables, flow diagrams wherever necessary.
- **You must keep a Xerox copy of the answer sheets for future reference and during theory preparation.**
- Answer each assignments I and II in separate note books.
- Give an index of content with page number.
- Attach the copy of the assignment paper to the respective answer book.

On the first page of the assignment response sheet, write the following

Course Name _____	Enrollment No _____
Assignment Code _____	Name _____
Date of Submission _____	Address _____
E-mail ID _____	Signature _____
Mobile No. _____	E-mail ID _____